

Winter 2007



Southwest Swimming Pool

Swim Lessons * Fitness Programs * Family Swims



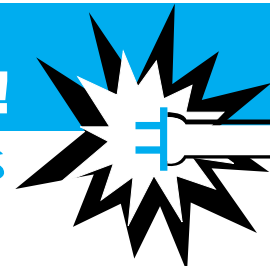
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2801 SW Thistle St * Seattle, WA 98126 * 206.684.7440
www.seattle.gov/parks/aquatics/swpool.htm



REGISTER ONLINE · it's easy!
www.seattle.gov/parks



SPARC

Southwest Swimming Pool

Ph: (206) 684-7440

Fax: (206) 233-7295

2801 SW Thistle St

Seattle, WA 98126

www.seattle.gov/parks/aquatics/swpool.htm

January 2 – March 25, 2007

Business Hours of Operation

Monday	Noon – 8:30 p.m.
Tuesday	Noon – 9:30 p.m.
Wednesday	Noon – 8:30 p.m.
Thursday	Noon – 9:30 p.m.
Friday	Noon – 8:00 p.m.
Saturday	9:30 a.m. – 2:00 p.m.
Sunday	11:00 a.m. – 6:00 p.m.

Holiday Closures

January 1	New Year's Day
January 15	Martin Luther King Jr. Day
February 19	Presidents' Day

**Closed for Swim Meets
from 3:00 to 5:30 p.m.
on the Following Dates:**

Tuesday, January 9, 16 & 23

Friday, January 5 & 12

Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Suggestions?

We welcome your ideas. If you want to suggest a new class or if you have an idea you think would benefit us or our community in general, please let us know.

Professional Staff

Aquatic Center Co-Coordinator

Nancy Eisner

Diane Jones

Assistant Aquatic Center Coordinator

Matt Richardson

PPT Cashiers

Matt McLaughlin

Gidgette Turlington

Senior Lifeguards

Mark Cantrell

Taryn Perdue

Angela Burrus

PPT Lifeguard

Clare Thode

Pool Operator

Mark Sears

Superintendent

Kenneth R. Bounds

Operations Division Director

Christopher Williams

Aquatic Manager

Kathy Whitman

Senior Aquatics Coordinator

Patsy Siegismund

Volunteer Swim Instructor Aide

Looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a 1-hour block of time twice a week during our lesson program. All volunteers must be at least 15 years old and have passed American Red Cross swim lesson levels 1 – 6. A complete background check and volunteer orientation will also be required.

General Information

Anti-Discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

You Can Make A Difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the third Thursday the month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Southwest Advisory Council

President

Kathleen Perez-Hureaux

Treasurer

Tom Foley

Members

Bruce Bentley

Jayne McIntyre

Lynda McLeod

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. Parks and Recreation offer scholarships for qualified applicants under low income guidelines. To apply for a scholarship, please talk to a member of our staff.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

More Information

For more information about Seattle Parks and Recreation, call our Public Information Line, 206.684.4075 or visit our web site at www.seattle.gov/parks.htm

Southwest Pool Daily Schedule Winter 2007

Mondays and Wednesdays

6:00 – 7:30*	a.m. Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:00	Adult Lessons
2:00 – 2:30	Home School Lessons (Mondays)
3:00 – 4:00**	Lap Swim
4:00 – 5:30	Swim Lessons
5:30 – 6:30	Lap Swim
5:30 – 6:30	Masters Workout
6:30 – 7:30	Swim Lessons
6:30 – 7:15	Springboard Diving
7:30 – 8:15	Hydro – Fit (deep end)
7:30 – 8:30	Shallow end Public Swim

Tuesdays and Thursdays

Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:15	Sr. Adult Water Exercise
4:15 – 5:00	Competitive Stroke Class
4:30 – 5:00	3 Years Old Lessons
5:00 – 6:00	Lap Swim
6:00 – 7:30	Swim Lessons
7:30 – 8:30	Public Swim
8:30 – 9:15	Hydro – Fit (deep end)
8:30 – 9:15	Adult Water Aerobics (shallow end)

Fridays

6:00 – 7:30*	a.m. Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:30	Family/Lap Swim
3:00 – 4:00**	Lap Swim
4:30 – 5:30	Public Swim
5:30 – 7:00	Lap Swim
6:00 – 7:00	Masters Workout
7:00 – 8:00	Family Swim (\$2.00)
8:00 – 10:00	Rentals (Call to Schedule)

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our classes online. Free internet access is available at your local library.

Saturdays

9:30 – 10:30 a.m.	Lap Swim
9:30 – 10:30	Youth Fitness Workout
10:30 – 11:00	Private Lessons
10:30 – Noon	Swim Lessons
Noon – 1:00 p.m.	Lap Swim
Noon – 1:00	Triathlete Training
1:00 – 2:00	Public Swim
2:00 – 10:00	Rentals (Call to Schedule)

Sundays

11:00 – 12:30 p.m.	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 – 3:00	Family Swim
3:00 – 4:00	Special Pops Lessons
4:00 – 5:00	Public Swim
5:00 – 6:00	Lap Swim
6:00 – 10:00	Rentals (Call to Schedule)

Pool Closed

New Year's Day	1/1
Martin Luther King Day	1/15
Presidents' Day	2/19

* Admission to EMLS by swim ticket or exact change only. This can be purchased during regular business hours, or in the morning with a check only.

** The M/W/F 3 – 4 p.m. lap swim will resume February 12, 2007.

Amenities/Fees & Charges

Merchandise for Sale

Goggles	\$5.00 – 7.00
Prescription Goggles	\$20.00
Shampoo or Conditioner	\$6.00
Swim Caps	\$4.00 – 8.00
Nose or Ear Plugs	\$4.00
Wave Webs	\$14.00
Stretch Bands	\$4.50
Bottled Water	\$1.00
Dive Rings	\$5.00
Reusable Swim Diapers	\$7.00
Little Swimmer Diapers	\$1.50

Buy a FAST Pass and Save!

Consider a FAST Pass if you swim more than three times a week. A FAST Pass is an unlimited personal monthly pass which allows access to fitness and recreational swim programs. It is good at any city pool. FAST passes are nonrefundable and non-transferable.

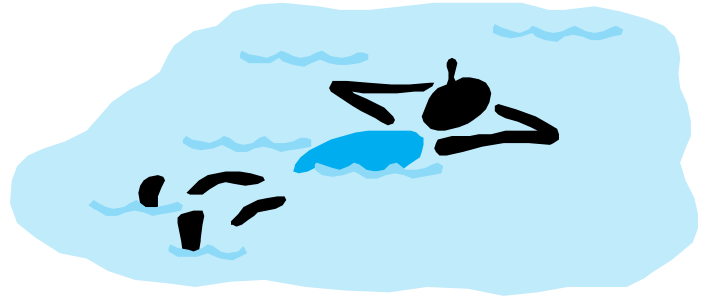
FAST Pass Adult	\$45.00
FAST Pass Senior/Youth	\$35.00

Facility Fees & Charges

Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65 & over)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Exercise/Hydro-Fit	\$4.75
Sr. Adult Water Exercise	\$3.00
Non-Recreation Spa,	
Weights, Sauna Use	\$3.75
Spa (in addition to swim)	\$0.50
Recreation Pass (save \$2.00)	\$20.00
Fitness Pass (save \$3.00)	\$30.00
Water Equipment Rental	\$1.50
Showers	\$3.75

13-Station Universal Gym

We offer a 13-station universal gym on the pool deck. Use of the weights is free with admission. Youth younger than 16 may not use the weights. 16 and 17-year-olds using the weights must be supervised by an adult. Patrons must be dry and proper workout attire is required to use the weights.



Therapy Spa & Sauna

Our therapy spa and sauna are available for use during all normal operating hours. The sauna is free with your paid admission fee. The spa costs an additional 50¢ during recreational times. To use just the spa during non-recreational swim times, the cost is \$3.75 for adults and \$2.75 for Seniors (age 65+). **Please Note:** Youth younger than 13 are not allowed into the spa without supervision by an accompanying adult. Children under 4 years must be accompanied in the spa by a paying adult. Children are not permitted in the sauna.

Things To Know

Pool Dimensions: 25 yards x 15 yards
Water temperature: 85° F
Spa temperature: 102° F
72 lengths = 1 mile
Family changing room available
Pool lift and portable steps for non-ambulatory patrons

Recreational Programs

Adult/ Senior Adult Swim

A recreational swim period for adults 18 years and older. Fast, medium, and easy lanes are available for fitness swimming plus an open area for water walking or exercise.

Please Note: All lanes will be in during busy times.

Monday – Friday **Noon – 1:30 p.m.**
Sunday **11 a.m. – 12:30 p.m.**

Locker Room Use

Children 6 and older must use the locker room appropriate to their gender.

Family Changing Room

We have a family changing room for those who need to assist family members of the opposite gender. Please limit use to 10 minutes.

Lap Swim

This program is designed for serious swimmers and those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels. ***Some lanes may be reserved for private lessons.***

M/W/F*	6:00 – 7:30 a.m.
M/W/F**	3:00 – 4:00 p.m.
M/W	5:30 – 6:30 p.m.
T/TH	5:00 – 6:00 p.m.
Friday	1:30 – 2:30 p.m.
Friday	5:30 – 7:00 p.m.
Saturday	9:30 – 10:30 a.m.
Saturday	Noon – 1:00 p.m.
Sunday	5:00 – 6:00 p.m.

*Admission to EMLS by swim ticket only.

**Resumes mid-February 2007.

Public Swim

This is a recreational swim for all ages. Lifeguards reserve the right to deny flotation devices during heavy use. The diving boards and slide are alternately opened to allow for deep water swimming. Children not meeting our height requirement of 4 feet must be accompanied into the water by an adult 18 or older. Youth younger than 18 must pass a swim test in order to swim in the deep end.

Monday – Thursday	7:30 – 8:30 p.m.
(Mon. & Wed. are shallow end only.)	
Friday	4:30 – 5:30 p.m.
Saturday	1:00 – 2:00 p.m.
Sunday	4:00 – 5:00 p.m.

Height Requirement

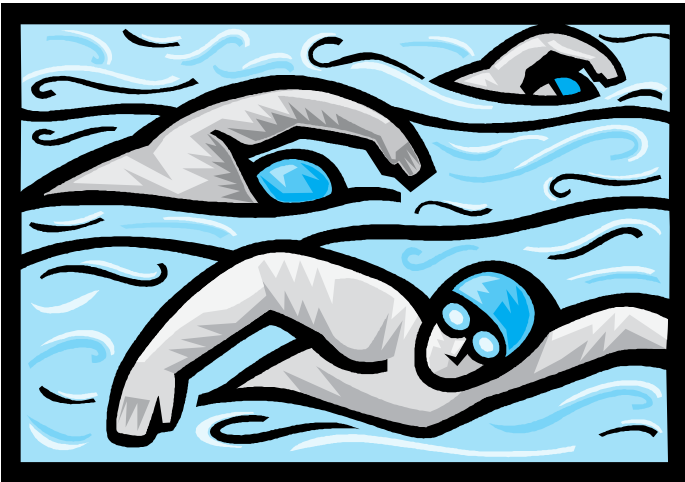
Children younger than 6 years or under the height of 48" must be directly supervised in the water by an adult on a one-to-one ratio. The adult must stay within arm's reach of the child at all times.

Family Swim

The family float swim is a recreational time for the family. A parent/guardian must accompany youth younger than 18 years of age in the water.

Friday	1:30 – 2:30 p.m.
Friday (\$2.00)	7:00 – 8:00 p.m.
Sunday	2:00 – 3:00 p.m.

Fitness Programs



Masters Workout

An experienced coach supervises an interval workout of 2,300 yards or more. There are different lanes for different abilities. Stroke work and helpful tips will be offered during this time. The pool is shared with lap swimmers.

Monday & Wednesday 5:30 – 6:30 p.m.
Friday 6:00 – 7:00 p.m.

Senior Adult Water Exercise

This shallow-end program provides a recreational and therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while they improve their cardiovascular systems. No swimming ability is required.

Tuesday & Thursday 1:30 – 2:15 p.m.

Adult Water Aerobics

This 45 minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end.

Tuesday & Thursday 8:30 – 9:15 p.m.



Adult Hydro-Fit

Hydro-Fit is a 45 minute deep water, non-impact adult exercise program that can work the whole cardiovascular system. The use of specially designed buoyancy and resistance apparatus provides a demanding workout for the whole body. Some deep water swimming ability is required.

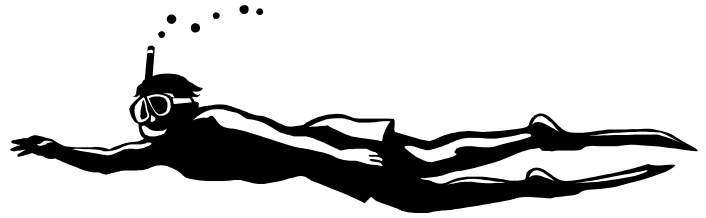
Monday & Wednesday 7:30 – 8:15 p.m.
Tuesday & Thursday 8:30 – 9:15 p.m.



Specialty Swimming Lessons

Competitive Stroke Class

Learn advanced stroke techniques, turns, and racing starts while building endurance. Learn proper technique diving off the blocks and get in a good workout, too! Pre-requisite: you must have a skill level of Red Cross level 5 or higher.



Springboard Diving

Try our diving class and learn the fundamentals of springboard diving, body position, proper form & technique, and safety.

Prerequisites for participants:

- must be 10 years old
- must be able to perform a standing dive from the diving board
- must have Red Cross Youth level 5 swimming ability
- A pre-test is required

Home School Student Swim Lessons

Southwest Pool is now offering American Red Cross Swim Lessons to home school Students on Monday afternoons. Each level includes training in basic water safety and swimming skills.

Youth Fitness Workout

This program is for youth and teens ages 10 to 17 who have level 5 or 6 swimming ability. This fitness program is designed to give young swimmers a challenging workout through interval training. This is a great way to stay in shape and keep swimming techniques sharp between swimming seasons.

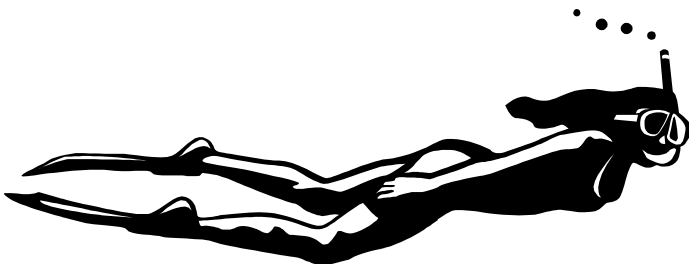
Triathlete Swim Training

Are you planning on competing in a triathlon? Do you need some pointers on how to improve your swimming?

Sign up now for personalized instruction sessions! Each session is 1/2 hr. To schedule, call 206-684-7440. \$100 for 4 lessons.

Private Lessons

Southwest Pool offers private swim lessons to those interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. Cost is \$25 per 1/2-hour lesson or \$35 for a semi-private lesson. Spa fee is an additional 50¢. Contact Nancy Eisner or Diane Jones, Aquatic Co-Coordiators at (206) 684-7440 to schedule.



Swimming Lesson Details

Tots

This class is an introduction to the water for infants and toddlers 6 months to four years of age. The instructor teaches the parent how to teach the child basic water skills and water safety. Each child must be accompanied into the water with a parent/adult.

Three Year Old Lessons

These are small classes designed to start your child learning basic swimming skills and water safety. Children will learn the following swimming skills: basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Child must have completed one session of Tots and must be comfortable in the water without parents.

Kinder Level (Ages 4 & 5)

For beginning to intermediate swimmers. Participants will learn the following skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with bilateral side breathing, back crawl, whip kick, treading water, diving, and water safety skills.

Beginning Youth (Ages 6 – 16)

For beginning to intermediate swimmers. Participants will learn the following swimming skills: front and back floats, flutter kick, crawl stroke, back crawl, bilateral side breathing, whip kick, diving, and water safety skills. Increasing strength and endurance will also be emphasized. This level corresponds to American Red Cross levels 1 through 3.

Advanced Youth (Ages 7 - 15)

Pre-requisites: Swimmers must have passed level 3. Participants who do not meet this prerequisite will be moved to beginning youth if there is space available. Participants will learn the following swimming skills: greater proficiency in crawl stroke and back crawl, breast stroke, side stroke, butterfly, diving, and water safety skills. Emphasis is on increasing strength and endurance.

Special Populations Swim Lessons

Southwest Pool offers small or individualized swim classes for youth with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. Please call for availability.

Adults

We offer swim lessons for older teens, adults, senior adults, and special populations. From the beginner to the more advanced swimmer, participants will learn the following skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with bilateral side breathing, back crawl, whip kick, treading water, breast stroke, side stroke, butterfly, diving, and water safety skills. Increasing strength and endurance will be emphasized.

Swimming Lesson Schedule

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
Tots Ages 6 mths to 4 yrs	1	M & W	6:30 – 7:00	1/8 – 2/14	11	\$55.00	12373
		T & Th	6:30 – 7:00	1/9 – 2/15	12	\$60.00	12376
		Sat	11:30 – Noon	1/13 – 3/31	12	\$60.00	12379
		Sun	1:30 – 2:00	1/7 – 3/25	12	\$60.00	12380
	2	M & W	6:30 – 7:00	2/21 – 3/28	11	\$55.00	12375
		T & Th	6:30 – 7:00	2/20 – 3/29	12	\$60.00	12377
Three Year Olds	1	M & W	7:00 – 7:30	1/8 – 2/14	11	\$88.00	12327
		T & Th	4:30 – 5:00	1/11 – 2/15	9	\$72.00	12330
	2	M & W	7:00 – 7:30	2/21 – 3/28	11	\$88.00	12328
		T & Th	4:30 – 5:00	2/20 – 3/29	12	\$96.00	12324
Kinders Ages 4 & 5	1	M & W	4:00 – 4:30	1/8 – 2/14	11	\$55.00	12356
		M & W	5:00 – 5:30	1/8 – 2/14	11	\$55.00	12358
		M & W	6:30 – 7:00	1/8 – 2/14	11	\$55.00	12360
		T & Th	6:00 – 6:30	1/9 – 2/15	12	\$60.00	12364
		T & Th	6:30 – 7:00	1/9 – 2/15	12	\$60.00	12367
		Sat	11:00 – 11:30	1/13 – 3/31	12	\$60.00	12362
		Sun	1:00 – 1:30	1/7 – 3/25	12	\$60.00	12363
	2	M & W	4:00 – 4:30	2/21 – 3/28	11	\$55.00	12357
		M & W	5:00 – 5:30	2/21 – 3/28	11	\$55.00	12359
		M & W	6:30 – 7:00	2/21 – 3/28	11	\$55.00	12361
		T & Th	6:00 – 6:30	2/20 – 3/29	12	\$60.00	12365
		T & Th	6:30 – 7:00	2/20 – 3/29	12	\$60.00	12368
Beginning Youth Ages 6 – 16 Levels 1 – 3	1	M & W	4:00 – 4:30	1/8 – 2/14	11	\$55.00	12391
		M & W	4:30 – 5:00	1/8 – 2/14	11	\$55.00	12393
		M & W	5:00 – 5:30	1/8 – 2/14	11	\$55.00	12396
		T & Th	6:00 – 6:30	1/9 – 2/15	12	\$60.00	12398
		T & Th	7:00 – 7:30	1/9 – 2/15	12	\$60.00	12416
		Sat	10:30 – 11:00	1/13 – 3/31	12	\$60.00	12418
		Sun	12:30 – 1:00	1/7 – 3/25	12	\$60.00	12419
	2	M & W	4:00 – 4:30	2/21 – 3/28	11	\$55.00	12392
		M & W	4:30 – 5:00	2/21 – 3/28	11	\$55.00	12394
		M & W	5:00 – 5:30	2/21 – 3/28	11	\$55.00	12397
		T & Th	6:00 – 6:30	2/20 – 3/29	12	\$60.00	12399
		T & Th	7:00 – 7:30	2/20 – 3/29	12	\$60.00	12417

Swimming Lesson Schedule

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
Advanced Youth Ages 6 – 16 Levels 4 – 6	1	M & W	4:30 – 5:00	1/8 – 2/14	11	\$55.00	12382
		T & Th	6:30 – 7:00	1/9 – 2/15	12	\$60.00	12385
		Sat	11:30 – Noon	1/13 – 3/31	12	\$60.00	12389
		Sun	1:30 – 2:00	1/7 – 3/25	12	\$60.00	12390
	2	M & W	4:30 – 5:00	2/21 – 3/28	11	\$55.00	12384
		T & Th	6:30 – 7:00	2/20 – 3/29	12	\$60.00	12387
Comp Stroke Levels 5 & 6	1	T & Th	4:15 – 5:00	1/11 – 2/15	9	\$67.50	12351
	2	T & Th	4:15 – 5:00	2/20 – 3/29	12	\$90.00	12355
Swim Fitness Levels 5 & 6	1	Sat	9:30 – 10:30	1/13 – 1/27	3	\$30.00	12320
	2	Sat	9:30 – 10:30	2/3 – 2/24	4	\$40.00	12321
	3	Sat	9:30 – 10:30	3/3 – 3/31	5	\$50.00	12323
Special Populations	1	Sun	3:00 – 3:30	1/7 – 3/25	12	\$60.00	12370
		Sun	3:30 – 4:00	1/7 – 3/25	12	\$60.00	12371
Homeschool	1	Mon	2:00 – 2:30	1/8 – 3/26	10	\$50.00	12424
Youth Diving	1	M & W	6:30 – 7:15	1/8 – 2/14	11	\$82.50	12313
	2	M & W	6:30 – 7:15	2/21 – 3/28	11	\$82.50	12314
Adult	1	M & W	1:30 – 2:00	1/8 – 2/14	11	\$55.00	12338
		M & W	7:00 – 7:30	1/8 – 2/14	11	\$55.00	12342
	2	M & W	1:30 – 2:00	2/21 – 3/28	11	\$55.00	12339
		M & W	7:00 – 7:30	2/21 – 3/28	11	\$55.00	12345

- * No lessons January 15. Closed for Martin Luther King, Jr. Day.
- * No lessons February 19. Closed for Presidents' Day.
- * No lessons at 4 or 4:30 on the following Tuesdays: January 9, January 16, January 23. Closed for swim meets.

Note –

A minimum of four students is required for each youth swimming class. Programs may be combined or canceled if not enough students enroll.

Learn to Swim

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Public Schools. The FREE swim lesson program is available for the beginner and for the more advanced swimmer.

For “Learn to Swim” information, please call your local Seattle Parks and Recreation swimming pool or visit the web:
www.seattle.gov/parks/aquatics/learntoswim.htm

Home school and private school students may apply for a voucher at the above web site.

Call 206.684.7440 for more information on all our programs or
check schedule online at www.seattle.gov/parks/aquatics/swpool.htm

Winter Registration Begins December 4, 2006

- **Registration Options:**
 - ▶ Online registration begins Monday, December 4 at 7:00 a.m.
 - Log into your SPARC account at **www.seattle.gov/parks**
 - Browse for classes.
 - Make class selections for yourself and your family.
 - Pay by credit card. (Visa, MasterCard, or American Express)
 - Print your online confirmation and receipt.
 - ▶ Drop-off registration begins Monday, December 4 at Noon.
 - Stop by the pool during operating hours.
 - Fill out a registration form and attach payment (cash, check, or credit card information).
 - All participants on an individual form must be on the same Family SPARC Account. Payment **MUST** accompany registration.
 - We will process registrations in the order we receive them.
 - Refunds must be requested prior to the start of the second lesson.
- Both online or drop-off registrations will continue until the first day of lessons or until the class fills, whichever occurs first.
- Payment by credit card number, check, or cash must accompany the form. We cannot process registrations without payment. All sessions must be paid for in full. We are not able to take partial deposits to hold a class. Credit cards will only be billed for classes that you are enrolled in. Checks or cash will be credited to your Family Account. If the participant does not get into the desired class, the credit may be left on the account or a refund will be issued if requested. Credit Card payment is preferred.
- Lesson Levels. Please read the lesson descriptions and prerequisites carefully to ensure that your child is registered for the correct class. Please have your child pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will attempt to transfer your child to the appropriate level if there is space available. Most children take more than one summer/year to move from Beginning to Advanced Youth. We can often accommodate moving a child up if they are ready; however, we usually do not have space available to move your child down if he or she does not meet the Advanced Youth prerequisites.
- There is a \$5 or 10% fee (whichever is greater) to process a refund if you have registered your child for the wrong class. You must ask for a refund before the second lesson.
- We encourage participants to sign up for the entire season.
- First and second choices. If the first class you request is full, we will try to register all of your children into second choice classes. If all of the children cannot be accommodated on the same day, we will contact you by phone.
- **Registration Confirmation.** After registering, you can log into your Family SPARC Account (**www.seattle.gov/parks**) to verify lesson registration days and times. Receipts are available for pick-up on the first day of lessons.

Winter 2007 Registration begins Monday, December 4, 2006

Registration Procedures:

- Please complete the registration form entirely.
- Payment **MUST** accompany registration.
- Drop by SW Pool (2801 SW Thistle) during operating hours beginning December 4. Place your completed registration form and payment into the envelope provided by the cashier. **DO NOT MAIL YOUR FORM.**
- We will process registrations in the order we receive them. Registration will continue until the first day of lessons or until the class fills, whichever occurs first.
- For registration confirmation, log into your Family's SPARC Account at www.seattle.gov/parks to verify lesson registration days and times.
- Receipts are available for pick-up on the first day of lessons

Family Information: (Please complete for the **adult** who is financially responsible for the **SPARC family account**.) All participants on this form must be on the same Family SPARC Account. Multiple children from the same family may be on one form.

(ADULT) Name: _____ Sex: Male / Female
Last First MI (Circle One)

(ADULT) Birthdate: ____ / ____ / ____ Email Address: _____

mm dd yyyy

Street Address: _____ City: State: ZIP: _____

Phone: Home: (_____) _____ Day: (_____) _____ Cell: (_____) _____

Participant (Please print full name)	M/F	Birthdate (mm/dd/yyyy)	Course Title	1st Choice (Barcode #)	2nd Choice (Barcode #)	Amount
						\$
						\$
						\$
						\$
						\$
Please Include Payment					Total	\$

How would you like to pay?

☐ Check or Money Order # Payable to **Southwest Pool**

☐ Visa ☐ Mastercard ☐ Am Ex Card #: _____ - _____ - _____ Expires: ____ / ____

Name as it appears on card: _____ Signature: _____

+Credit card payment is preferred. Checks will be accepted. If you do not get into all classes requested, your check will be deposited for the full amount. A refund will be processed at a later date.

Refund Policy - It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The pro-rated class fee plus a service charge of \$5.00 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

RELEASE FORM: I hereby give my consent for the participant(s) listed above to participate in the aquatics program being conducted or co-sponsored by Seattle Parks and Recreation, and declare that I will not hold the City of Seattle or the Seattle Parks and Recreation or any employees or volunteers associated with the program responsible for any injuries, damage or personal loss incurred while participating in or in connection with said program. The undersigned and the below-named participant agrees to comply with the posted water safety regulations at the pool and to follow all directions or instructors and/or other personnel in charge of the program.

Signature: _____ Date: _____
Participant Signature (Parent or guardian must sign if participant is under 18 years of age)

Lifeguard Training

American Red Cross Lifeguard Training Class

This class will prepare youth 15 years and older to become lifeguards. The course will include CPR for the Professional Rescuer, First Aid, and Lifeguard Training. Certification is required for those who wish to work as a lifeguard. Early paid registration is a must for this popular class. There will be a 500 yard pre-test on the first night. Appropriate Red Cross books, a Res-Cue Mask, and attendance at every lesson are class requirements. For further information, please contact Nancy or Diane at the pool.

Date: February 21 – March 26

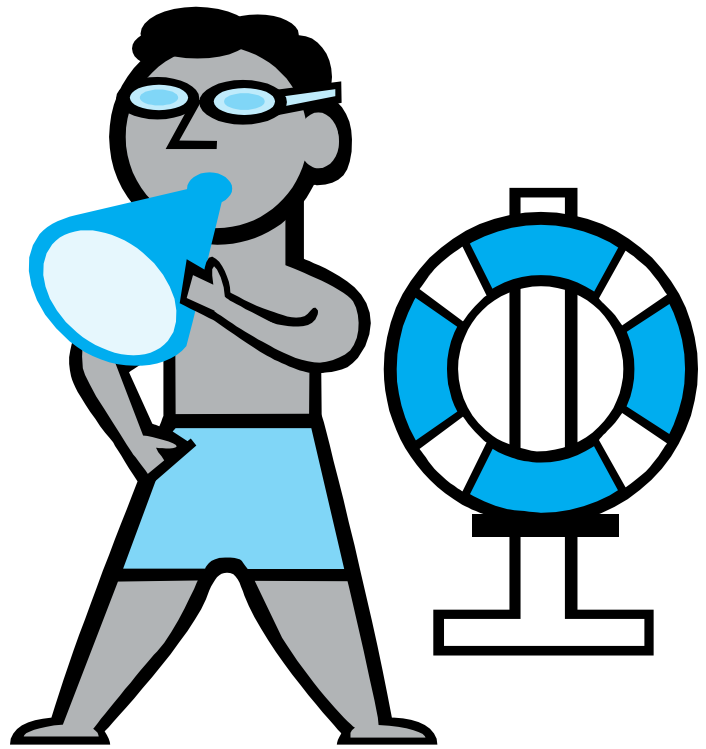
Days: Mon/Wed

Time: 6:30 – 9:30 p.m.

Costs:

Course	\$90.00
Books*	\$25.00
Pocket mask*	\$15.00

** Participants should buy these items from the American Red Cross: (206) 323-2345.*



Northwest Lifeguard Test Prep Course

The purpose of the class is to review the skills needed to take the Northwest Lifeguard Certification Test (NWLCT), a water skills test required for employment as a lifeguard for Seattle Parks and Recreation.

We offer NWLCT once a month, March - June 2007. Take the prep course and be ready and prepared to pass the test!

Date: March 28

Days: Wednesday

Time: 8:00 – 9:30 p.m.

Costs: \$35.00



Special Events This Winter!



Balloon Family Swim

Join us for our balloon swim! Play among a myriad of multi-colored balloons dancing on the water's surface. ***Anyone younger than 18 must be accompanied into the water by an adult.***

Date: Sunday, March 18
Time: 2 – 3 p.m.

Adult & Senior Adult Potluck

Come exercise your heart with us on Valentine's Day! We have an Adult Swim from Noon to 1:30 p.m. Next is our Senior Adult Water Exercise Class from 1:30 to 2:15 p.m. Start out the new year right by attending one of these exercise programs. Afterward, we will serve refreshments and goodies. Come get to know your neighbors and the Southwest Pool staff. Please bring your favorite dish to share!

Date: Tuesday, February 13
Time: 1:30 – 3:00 p.m.



Valentine Family Swim

Come and make colorful valentines before you swim. There will be tables on deck with all the supplies you need to make your special valentines. ***Anyone younger than 18 years old must be accompanied in the water by an adult.***

Date: Sunday, February 11
Time: 2 – 3 p.m.



Have Your Next Party At Southwest Pool!

We rent Southwest Pool for special occasions. The pool is available

- Fridays 8 – 10 p.m.
- Saturdays 2 – 10 p.m.
- Sundays 6 – 10 p.m.

Fees start at \$140 for 1 hour in the pool for up to 30 people. Some of the amenities included in your rental are

- Exclusive use of the pool, spa, and sauna
- Use of the universal gym
- We have a water slide!
- Water basketball
- Use of inner tubes
- 1-meter and 3-meter diving boards

We also have private rooms available for your rental. Please call for rates. Plus, we have a refrigerator/freezer available to store your food during your rental.

For more information please contact Matt Richardson at (206) 684-7440.



Book your party today!



The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy